

BIOLOGICAL AGE AND ITS INFLUENCE POSSIBILITIES

Biological age includes the changes which are related to the ageing. It can be influenced with environment, nutrition, lifestyle etc. Important factor of biological age is also psychical respectively spiritual part of lifestyle. It was proved people which meditate regularly have higher level of melatonin – the potential marker of the biological age. The connection among the emotional intelligence quotient level, physical health and longevity was also found. Emotional intelligence development and meditation is with great success included into the studying programs at certain foreign high schools.

The questionnaire study realized at Faculty of Pharmacy has shown that the students are exposed to stress during their studies, which has negative impact on their psychical and physical condition. The majority of these students are not able to deal effectively with the consequences of this kind of stress and they can appear as sleeping malfunction, capriciousness, nervousness, digesting problems etc. 46% of eighty respondents consider emotional control useful and thus they stimulate one of the factors which influence biological age. The students make an effort to moderate strain by sport, visiting friends etc. Emotional intelligence would help the students more effective, among her five domains belong also self-realization and self-control. Meditation and yoga support student's psychological and physical personality aspect. These spiritual techniques should help the students to influence one of the biological age factors in the long run during their future lives.